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Free & Reduced Price Meals Program

APPLY ONLINE TODAY!



2020

International School of Louisiana

Daily Meal Prices






BREAKFAST LUNCH

\$1.60 \$2.85

Reduced Price

\$0.30 \$0.40

*only those students who have qualified for Federal Free/Reduced Meals Program are eligible for reduced price meals.

Monday	Tuesday	Wednesday	Thursday	Friday	FYI
<p>2 BREAKFAST Blueberry Muffin, Yogurt, Chilled Diced Peaches, Fruit Juice</p> <p>BRUNCH –Breakfast for Lunch Southern Grits, Sausage Links Breakfast Potatoes Baby Carrots Orange Wedges, Graham Crackers</p> <p>✔ Grits, Cheese Omelet</p>	<p>3 BREAKFAST Oatmeal, Turkey Bacon, Sliced Peaches, Juice</p> <p>LUNCH – Taco Tuesday Taco Salad Refried Beans Open Salad Bar Chilled Mixed Fruit Salsa, Sour Cream</p> <p>✔ Taco Salad w/ Refried Beans</p>	<p>4 BREAKFAST Assorted Cereal, Graham Crackers, Bananas, Fruit Juice</p> <p>LUNCH Alfredo Penne Pasta Grilled Chicken Strips Steamed Spinach, Caesar Salad Chilled Melon Cubes Garlic Bread</p> <p>✔ Alfredo Penne Pasta</p>	<p>5 BREAKFAST Cheese Omelet, WG Toast, Fresh Strawberries, Fruit Juice</p> <p>LUNCH Salisbury Steak Mashed Potatoes Steamed Cauliflower & Broccoli Chilled Diced Pears WG Roll</p> <p>✔ Veggie Patty w/ Gravy</p>	<p>6 BREAKFAST Hashbrown Patty, Sausage Links, Toast, Applesauce, Juice</p> <p>BRUNCH – Breakfast for Lunch Chicken & Waffles Sweet Potato Tots Baby Carrots Chilled Sliced Peaches</p> <p>✔ Eggs & Waffles</p>	<p>National School Breakfast Week: March 2 - 6</p> 
<p>9 BREAKFAST French Toast, Sausage Links, Mixed Fruit, Juice</p> <p>LUNCH Red Beans w/ Ham & Sausage Steamed Brown Rice Fresh Garden Salad w/ Cranberries Warm Cornbread, Diced Peaches</p> <p>✔ Red Beans (Meatless)</p>	<p>10 BREAKFAST Fruit & Yogurt Parfait, Cheesy Toast, Fruit Juice</p> <p>LUNCH Chicken Nuggets Scalloped Potatoes Steamed Green Beans Chilled Mixed Fruit, WG Roll</p> <p>✔ Scalloped Potatoes</p>	<p>11 BREAKFAST Hashbrown, Sausage Links, Toast, Applesauce, Fruit Juice</p> <p>LUNCH – Eco Friendly Deli Sub Combo (Ham & Pepperjack cheese) Lettuce, Tomato Pickle Tray Delicious Apples, Baked Chips</p> <p>✔ Vegetable Sub</p>	<p>12 BREAKFAST Assorted Cereal, Graham Crackers, Bananas, Juice, Milk</p> <p>LUNCH Beef Macaroni & Cheese Steamed Green Peas Strawberry Feta Spinach Salad Diced Pears, Garlic Bread</p> <p>✔ Mac & Cheese w/ Marinara</p>	<p>13 BREAKFAST Buttered Grits, Canadian Bacon, Toast, Pineapple Tidbits, Juice</p> <p>LUNCH Sausage Pizza Steamed Whole Kernel Corn Fresh Salad Greens w/ tomatoes Fresh Fruit, Pudding cup</p> <p>✔ Cheese Pizza</p>	<p>EAT RIGHT</p>  <p>BITE BY BITE National Nutrition Month March 2020 Academy of Nutrition and Dietetics</p>
<p>16 No School (For Students)</p>  <p>Progress Report Conferences</p>	<p>17 BREAKFAST Apple Cinnamon Muffin, Yogurt, Fruit Juice</p> <p>LUNCH Garlic Herb Chicken Wild Rice, Spring Salad Steamed Cabbage (HOM) Chilled Diced Pears, WG Roll</p> <p>✔ Veggie Supreme Wild Rice</p>	<p>18 Pancakes, Sausage, Orange Wedges, Fruit Juice</p> <p>LUNCH Hamburger on WG Bun Sweet Potato Fries Lettuce/Tomato/Pickle Cups Fresh Bananas</p> <p>✔ Garden Burger</p>	<p>19 BREAKFAST Sausage Biscuit, Diced Pears, Fruit Juice</p> <p>LUNCH - Taco Thursday Taco Salad Refried Beans Open Salad Bar Chilled Mixed Fruit</p> <p>✔ Taco Salad w/ Refried Beans</p>	<p>20 Oatmeal, Cinnamon Raisin Toast, Sliced Peaches, Fruit Juice</p> <p>LUNCH Turkey & Cheese Sandwich Lettuce, tomato, pickle tray Fresh Orange and Apple Slices Teddy Grahams</p> <p>✔ Grilled Cheese Sandwich</p>	<p>Louisiana HARVEST of the MONTH Cabbage</p>
<p>23 BREAKFAST Apple Cinnamon Muffin, Tropical Fruit, Juice</p> <p>LUNCH Macaroni & Cheese, Sliced Ham Steamed Mustard Greens Baked Cinnamon Apples Spring Salad w/ Cherry Tomatoes Warm WG Roll</p> <p>✔ Macaroni & Cheese</p>	<p>24 BREAKFAST Ham & Cheese English Muffin, Chilled Grapes, Fruit Juice</p> <p>LUNCH Hot dog on Bun Baked Beans, Garden Salad Hot dog Condiments Fresh Apple Slices</p> <p>✔ Veggie Burger</p>	<p>25 BREAKFAST Cheesy Grits, Sausage Links, Apple Slices, Fruit Juice</p> <p>LUNCH Fajita Chicken Wrap Spanish Rice Mexicali Corn Cabbage Salad(HOM) Tropical Fruit Mix</p> <p>✔ Roasted Veggie wrap</p>	<p>26 BREAKFAST Cereal, Graham Crackers, Mixed Fruit, Juice, Milk</p> <p>LUNCH – Soup & Salad Loaded Potato Soup Ham & Cheese Melt Cranberry Spinach Feta Salad, Orange Wedges</p> <p>✔ Soup, Toasted Cheese Sandwich</p>	<p>27 BREAKFAST Blueberry Muffin, Yogurt, Bananas, Fruit Juice</p> <p>LUNCH Pepperoni Pizza Steamed Whole Kernel Corn Fresh Salad Greens w/ tomatoes Fresh Fruit, Pudding cup</p> <p>✔ Cheese Pizza</p>	<p>March (Monthly Totals)</p> <p>Full Price Breakfast \$35.20 Lunch \$62.70</p> <p>Reduced Price Breakfast \$6.60 Lunch \$8.80</p> <p>Extra items sold Milk and water \$0.50</p>
<p>30 BREAKFAST Assorted Cereal, Graham Crackers, Fruit, Juice</p> <p>LUNCH Diced Chicken & Gravy Egg Noodles Steamed Mixed Vegetables Fresh Garden Salad, WG Roll</p> <p>✔ Garden Patty & Gravy</p>	<p>31 BREAKFAST Oatmeal, Cinnamon Raisin Toast, Diced Peaches, Juice</p> <p>LUNCH – Taco Thursday Taco Salad Refried Beans Open Salad Bar Chilled Mixed Fruit</p> <p>✔ Taco Salad w/ Refried Beans</p>	<p>“MILK MADNESS MONDAYS”</p>  <p>Lowfat and Fat Free unflavored milk Lowfat flavored milk Available with all meals</p>	<p>Milk Madness Mondays</p> <p>#March 2020</p> <p>Strawberry Milk Available</p> 	<p>SCHOOL BREAKFAST OUT OF THIS WORLD!</p> 	

Menus are subject to change.

This institution is an equal opportunity provider.

SCHOOL BREAKFAST OUT OF THIS WORLD!™



It's a weeklong celebration of the national School Breakfast Program, permanently established in 1975 by an act of Congress.



Students who eat school breakfast:

- Score 17.5% higher on standardized math test
- Perform better on a variety of indicators than peers who go without breakfast
- Showed improved attendance, behavior and decreased tardiness
- Students who eat breakfast have better attention and memory

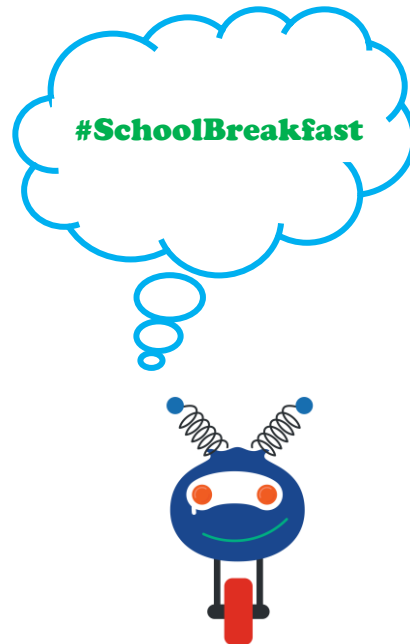


Sources: *Share Our Strength, The Sodexo Foundation, Food Research & Action Council, The National Dairy Council*

#NSBW 2020



#SchoolBreakfast



#OutofThisWorld



Louisiana HARVEST *of* *the* MONTH



Cabbage

- Cabbage is thought to have originated in the Mediterranean and Western Europe.
- Cabbage can be steamed, boiled, braised, microwaved, stuffed or stir-fried, and eaten raw.
- Cabbage grows in various shades of blue/green, as well as red or purple.

- Vitamin A – Strong bones
- Vitamin C - Protect your eyes
- Potassium – Fast healing power



www.Myschoolbucks.com

- Pay for school meals anytime, anywhere from your computer or smartphone.
- Schedule recurring payments
- Check meal account balances
- View purchases
- Set up low balance email reminders



Federal and State regulations require a completed and current diet prescription form for any type of change or substitution to a student's diet. The special diet prescription form will need to be completed by your child's physician or medical authority. We **will not** process a special diet request for your child until we receive the 2018 – 2019 School Year form.

The form is located in the front office of each school campus and online at www.isl-edu.org/Menu.

****NOTE**** If a student cannot have fluid milk as a result of a medical diagnosis, the Physician must prescribe the milk substitute on the Diet Prescription Form. ***The following milk substitutions are available: 4 oz juice, bottled water, and lactaid.***

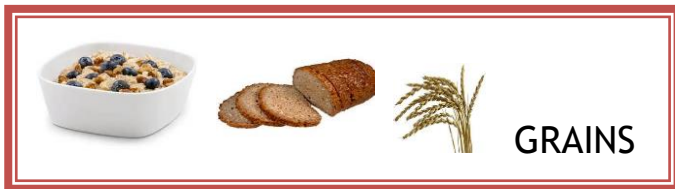
All ISL Campuses

Offer vs. Serve

ALL ISL Campuses participate in Offer vs. Serve for breakfast and lunch. Students are encouraged to take all items offered, but with Offer vs. Serve, students must take a minimum of 3 items which must include $\frac{1}{2}$ cup of fruit or vegetable.

OFFER VS. SERVE (BREAKFAST)

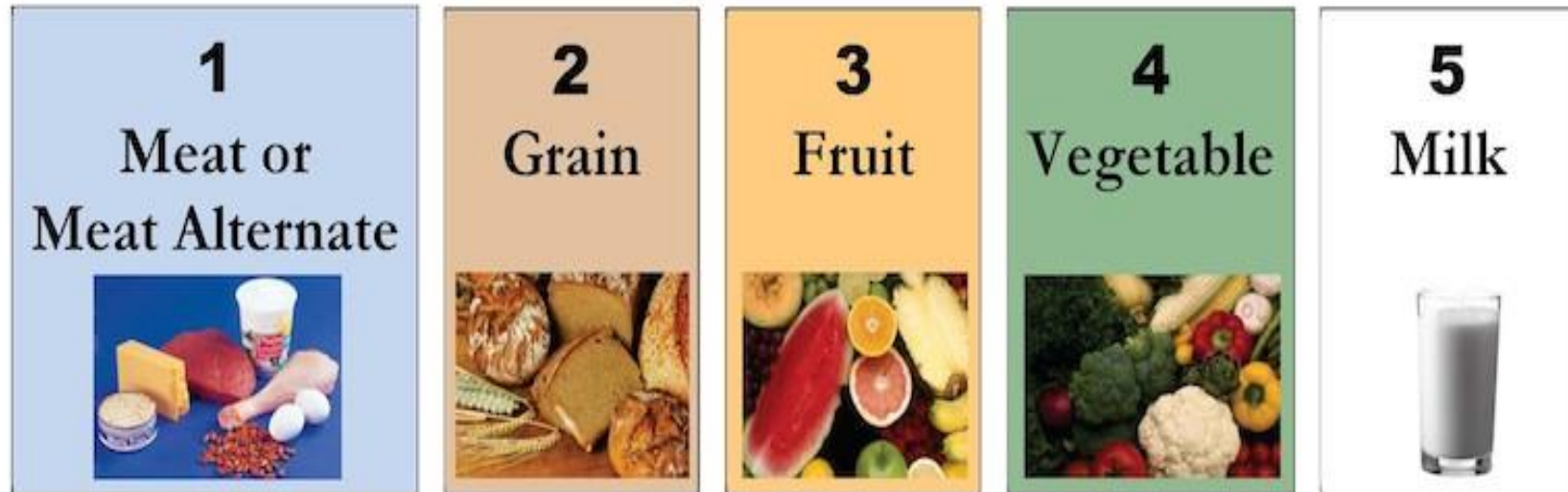
CHOOSE AT LEAST 3 ITEMS



MUST TAKE $\frac{1}{2}$ CUP FRUIT OR VEGETABLE

Offer versus Serve

The **5 Meal Components** for School Lunch



You choose **at least 3** including

- $\frac{1}{2}$ cup of fruit or vegetable
- at least two other full components

For best nutrition, **choose all 5!**